



The Stotty School News 14.6.2024



[Stottesdon CofE Primary School](#)

Part of [The Shropshire Gateway Educational Trust](#)

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If viewing on a phone and you can't see all the text just swipe up on the writing.

Diary dates for the week ahead



Diary Dates for next week	
Monday 17 th June 2024	ELW Private Music Lessons Athletics After School Club - R/Yr1/Yr2
Tuesday 18 th June 2024	ELW Private Music Lessons Lunchtime Choir Club Severn Class attending Primary Outreach session at Lacon Childe School - Within the school day.
Wednesday 19 th June 2024	Yr 6 Children attending Crucial Crew at Bridgnorth, within the school day - A packed lunch and water bottle are required. ELW Private Music Lessons Swimming @ Severn Centre, Highley - R/Yr1/Yr2/Yr3/Yr4 (Reception & Yr 1 children will require a packed lunch unless you have completed the form to order one through school) Boomwhackers lunchtime club Science After School Club - Yr 5 & 6 Gymnastics After School Club - Yr 2/3/4
Thursday 20 th June 2024	Gardening After School Club - R - Yr 6 Rounders After School Club - Yr 3/4/5/6 Poetry event at Lacon Childe School 5.30pm to 7pm - those children performing need to arrive at 5pm - 3 Tickets available per family to watch, please let the school office know how many tickets you require so we can inform Lacon of numbers.
Friday 21 st June 2024	School Fete 5.30pm to 8pm - Please come along and support, it promises to be a fun evening. Lacon Sports Coach - Tennis with Corve & Severn. Cricket After school club Yrs 3/4/5/6
Upcoming Diary Dates	
10 th July 2024	Severn Class Adventure Day @ Top Adventures
11 th /12 th July 2024	Corve Class 2 Day Residential @ Top Adventures



FETE DONATION PLEA:

The Summer Fete is fast approaching - just a week to go until Friday 21st June 2024 - 5.30pm to 8pm

We would be grateful of the following donations please:

-
- *Bottle of any kind for the bottle hoopla (would appreciate if these could be dropped off by next Friday please)*
 - *cakes and bakes for the cake stall*
 - *jolly jars - filled with sweets/goodies*
 - *bric-a-brac*
-

Please come along and support, it promises to be a lovely evening; bouncy castle, face painting, stalls, fun and games, bric-a-brac, BBQ, bar & raffle with some fabulous prizes to be won - please see

leaflet below. (raffle tickets are available from the school office if you would like any extra books to sell, the list of prizes is getting longer and longer).

We have set up a new "open" Friends of Stottesdon CofE Primary School (FoSPS) Facebook page where you'll find, general FoSPS info and accurate information on upcoming events & fundraisers.

Please do give us a like & follow! link below: -

<https://www.facebook.com/FoSPS96>



STOTTESDON C OF E
PRIMARY SCHOOL & CHURCH
COMMUNITY

SUMMER FETE

RAFFLE

PRIZES

A WILDLIFE PHOTOGRAPH
BY LOCAL
PHOTOGRAPHER
ROB JAMIE

£20 VOUCHER FOR
THE
DOWN INN

MONKEY MANIA
VOUCHERS

ANCHORS AWAY SOFTPLAY
VOUCHER FOR 2

HEDGEHOG HOUSE - KINDLY
DONATED BY WESTON SAW
MILL

FARLOW NURSERY
VOUCHER

ENTRY TICKETS AND AFTERNOON
TEA AT THE BRITISH IRON WORK
CENTRE

£20 VOUCHER HEATH FARM MEATS

£30 FRANKLY ALPACAS
VOUCHER

X2 COMPLIMENTARY HAIR CUTS @
TAYLORS BRIDGNORTH

A 2 NIGHT COTTAGE
STAY FOR 8
IN THE WYE VALLEY

X2 BURWARTON SHOW
TICKETS

£50 VOUCHER FOR
THE PHEASANT AT NEENTON

AND MANY MORE!!!!

RAFFLE TICKETS AVAILABLE FROM THE SCHOOL OFFICE AND ON THE NIGHT

SUPPORT OUR LOTTERY TODAY

£1 per
week

Weekly
cash prizes

£25,000
jackpot



YOUR
SCHOOL
LOTTERY



Splitting the £1.00

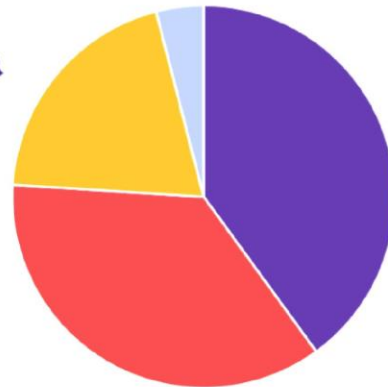
How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Stottesdon Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Stottesdon Primary School



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school



[Buy A Ticket](#)

GambleAware



Sponsored Walk

*Thank you to all those of you who have handed in their sponsor money, we have raised a total of **£1281** which will support the FoSPS with their continued support for transport, books and playground plans.*

Swimming



Reception to Y4 will continue to attend swimming lessons at Highley open air pool, each Wednesday afternoon.

The first swimming session went well, thank you to everyone for their donations we would welcome the last few as soon as possible please.

Due to timings reception and year one children will need to take a packed lunch, which they will eat at Highley after they have done their swimming (We will provide a packed lunch to those children whose parents have requested a packed lunch from school).

Thank you for completing the form to inform us of your requirements.

Yr2 / 3 & 4 children will have dinner as normal in school before going swimming.

Piano



We have a full size piano available for a donation to the school. It would be ideal for someone learning to play the piano up to Grade 3, unfortunately the pedals do not work.

Please contact the office if you are able to make a donation to the school for this item.

Our Worship / Reflections this week:



Monday: We started our new theme of trust and truth. Children reflected on the meaning of trust through pictures and poetry.

TRUST IS....

Taking someone at their word

Relying on someone to support you

Unbreakable promises

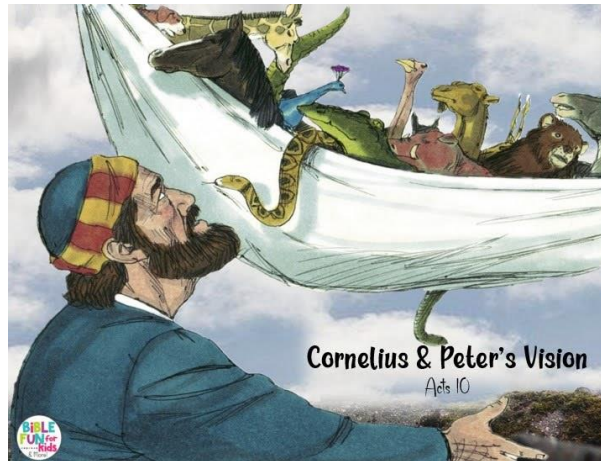
Showing that you can be trustworthy

Treasuring good friends

Tuesday: We had a singing assembly to help prepare our songs for the school fete.



Wednesday: Open the Book bought us the story of Cornelius which helped us reflect that no matter who we are, what we believe or where we come from God is our friend. Children reflected on people they can rely on to always be there for them.



Thursday: Children reflected on democracy, the election and government. We talked about voting and how to decide things in a fair way. We talked about what it takes to be a leader of a country.



Celebrating Reading



Reading

Well done for those that are reading 4 x or more a week and logging it in reading diaries. Please keep regular reading and enjoyment of books a high priority.

Time: 90%

Rea: 73%


Corve: 82%

Severn: 96%

EYFS (Nursery and Reception) News

<p>Summer 2 Term :Homes and Houses This week nursery have been exploring the area local to our school.</p> 	
<p>Little Wandle Foundations for Reading: Lulu's Library This week we made library cards and pretended our book corner was a 'real' library.</p> 	
<p>Makaton Sign of the Week:</p>  <p style="text-align: center;">SCHOOL</p>	<p style="text-align: center;">Phonics</p> <p>This week the children have begun to identify objects beginning with the 'qu' sound.</p>  <p style="font-size: small;">Pucker your mouth, then open it as you say qu</p>
<p>Nursery Rhyme of the Week:</p> <p style="text-align: center;">Jack in the Box</p> <p>Jack lives in a wooden box, Head squashed down between his socks. Press the button and up he pops, My Jack-in-the-box!</p> <p>Jack lives under a wooden lid, No one knows just where he hid. Press the button and up he pops, My Jack-in-the-box!</p> <p>Jack lives in a house of wooden. He's a toy that's always good. Press the button and up he pops, My Jack-in-the-box!</p>	<p style="text-align: center;">Getting Ready for School</p> <p>S ... eat meals sitting at a table? Have a clear bedtime routine so that they are not tired for school?</p>  <p>Top tip Think about using packets and containers in your child's lunch box that are easy to open.</p> <p>Top tip Start to introduce them to using a child's knife and fork to cut and eat their food.</p> <p style="text-align: center;">Nursery 2 children join in with Reception in the afternoons. Mondays - Music Thursdays - PE</p>

Reception News

 <p>Phonics video's available here: https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/^[1]</p>	<p>Concept Word of the Week:</p> <h1>Later</h1>
<p>Houses and Homes</p> <p>Following on from the introduction to our new topic last Friday, on Tuesday we went on a walk around Stottesdon to find and identify different types of houses. Please ask your son/daughter, can they identify/spot a: detached house, semi-detached house, cottage, bungalow and terrace.</p> <p>We have also looked at differences and similarities between different types of homes, including materials and features.</p>	
<p>Talk for Writing: Goldilocks and the Three Bears</p> <p>This week we have used this story to explore adjectives to describe the settings e.g. the forest is green, and dark.</p>	
<p>Nursery Rhyme of the Week:</p> <p>Jack in the Box Jack lives in a wooden box, Head squashed down between his socks. Press the button and up he pops, My Jack-in-the-box!</p> <p>Jack lives under a wooden lid, No one knows just where he hid. Press the button and up he pops, My Jack-in-the-box!</p> <p>Jack lives in a house of wooden. He's a toy that's always good. Press the button and up he pops, My Jack-in-the-box!</p>	<p>This week's phonics:</p> <p>s a t i n m d g o c k ck e u r h b f l ff ll ss j v w x y z zz qu ch sh th ng nk ai ee igh oa oo/oo ar or ur ow oi ear air er</p> <p>Phase 4 Long Vowel Sounds Words</p> <p>street screen stair strong three scoop free clear slight smear spoil clown</p> <p>Tricky Words</p> <p>are pure sure little were was</p>
<p>In maths this week's focus has been on This week's focus is on assessing and deepening the children's understanding of our counting system by:</p> <ul style="list-style-type: none"> • tagging each object in a group of up to 10 objects (1-to-1 correspondence) • knowing number names to 10 and their order (stable order principle) • knowing that the last number counted gives the total in the set (cardinal principle) • counting up to 10 things that can't be seen or tagged, such as jumps, hops, sounds, etc. (abstraction principle) • understanding that the quantity remains the same when (up to 10) objects are counted in a different order (order irrelevance principle) • developing strategies to keep track of what has and has not been counted (e.g. rearranging objects into a line, moving objects as they're counted) • recognising the pattern of the counting system, when beginning to count beyond 20. 	

1 - [1] <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

*Don't forget to send a photograph of your **own** house for us to be able to talk about in class. Thank you to those already sent in!*

*Please could you ensure your child has a coat with them at school **EVERY DAY**, we have been caught out a few times over the last couple of weeks.*

Rea Class

Phonics/Spelling

Year 1 Well done to all of the children who focused really well in their phonics screening this week. You have all worked hard and we are so proud of you. Next week, we will be continuing with our new sounds. su and si making zh, as in **treasure** and **vision**
dge making j, as in **bridge** and **fudge**
y making l, as in **gym** and **crystal**.
ge making j, as in **large** and **change**.

Year 2 will be learning about using apostrophes for contractions, such as don't, should've etc.

Homework for Rea class is:

- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. Year 2 can now access times tables rock stars using the same login as numbots. If you need links to this, please email Mrs J Jones.
- Helping your child to tell the time, talking about the time using words like half past, o'clock, minute, hour and day.
- Spellings for year 1 and 2 are in the homework book. The year 2 spelling test for this week, will take place on Monday next week. Your support in helping year 2 children on their spelling journey is important, and we really appreciate this. Should you need any advice in best ways to practise spelling, please contact Mrs J Jones.

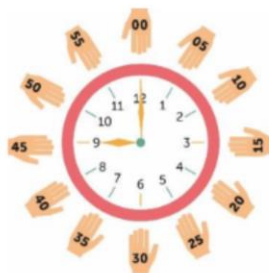
Maths

In maths, we will be continuing with our work on telling the time, whilst continuing to revise facts and procedures learnt so far this year.

Year 1 – o'clock and half past



Year 2 – to the nearest five minutes



Relationships and Sex Education



Parents will all receive a letter with this weeks school news informing them of relationships and sex education curriculum. If anyone has any queries please do not hesitate to be in touch.

Kooth



Parents of Year 6 children will be receiving a letter regarding 'Kooth' - this is a service that provides early intervention mental health support to children and young people which we are pleased to be linking with. Year 6 children will be attending a Kooth Year 6 Transition session virtually on Friday 21st June.

Kooth can be accessed free at www.kooth.com 'whatever you are feeling we are here to help'.

Parent Carer Council / Partnership for Inclusion of Neurodiversity in Schools (Pins) programme.



We are pleased to advise you that Stottesdon Primary School is participating in the PINS programme, which aims to improve support for children with additional needs.

An introductory meeting will be held on Wednesday 26th June @ 2.15pm. Parents will shortly receive a letter regarding this.

Activity Day & Residential @ Top Adventures



Following the recent surveys sent out to Severn and Corve class, we are pleased to report that the majority of parents responded positively with regard to the proposed adventure day for Severn Class and the 2 day residential for Corve Class.

We have therefore decided to go ahead with these events on the following dates:

Wednesday 10th July - Severn Class Activity Day @ £26 per pupil

Thursday / Friday 11th & 12th July - Corve Class residential @ £116 per pupil

Those pupils who are eligible for benefit related free school meals will have a 50% reduction on the above costs.

These events are now available on Arbor, contributions for the residential can be made in instalments.


Parenting Signposts

Understanding Your Child Groups - Summer 2024

Shropshire Council

- Would you like to know more about your child's development?
- Do you need help and support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers with children of a similar age?

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

UNDERSTANDING YOUR CHILD GROUPS
From Toddler to Teen

Understanding Your Child starts on Wednesday 10th April 2024
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

Understanding Your Child SEND starts on Thursday 11th April 2024
from 9.30am to 11.30am Virtually via MS Teams

Understanding Your Child starts on Thursday 11th April 2024
From 1.15pm to 3.15pm in Bridgnorth at St Marys Bluecoat Primary School

Understanding Your Child SEND starts on Friday 12th April 2024
From 09.30am to 11.30am in Shrewsbury at Sunflower House

Understanding Your Child starts on Friday 12th April 2024
from 12.30pm to 2.30pm Virtually via MS Teams

The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire.
All our groups run for 10 weeks from the start date excluding the School Holidays
SEND groups are for parents/carers of children who might have special educational needs and disabilities,
no formal diagnosis is needed to attend the groups.

To book a place on one of our groups or for further information on the groups we run please contact the Parenting Team by: Emailing: Parenting_team@shropshire.gov.uk or call us on telephone: 01743 250950
All our groups are free to Shropshire Council residents.

www.shropshire.gov.uk
General Enquiries: 0345 678 9000

Sleep Tight Workshops - Summer 2024

Shropshire Council

- Would you like to know more about why sleep is important for our health and emotional well-being?
 - Does your child struggle with their sleep?
- Would you like to access help and support to improve sleep and bedtime routines?
 - Would you like to meet other parents/carers to share and discuss experiences?

SLEEP TIGHT WORKSHOP

Starts on Monday 15th April 2024 from 9.30am to 11.30am
at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17th April 2024 from 9.30am to 11.30am
Virtually via MS Teams

Starts Monday 10th June 2024 from 12.30pm to 2.30pm
at Bridgnorth Youth Centre

Starts Wednesday 12th June 2024 from 9.30am to 11.30am
Virtually via MS Teams

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire
Our workshops run for 5 weeks from the start date excluding the School Holidays.

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:
Emailing Parenting_team@shropshire.gov.uk
Or call us on 01743 250950
All our Workshops are free to Shropshire Council residents.

www.shropshire.gov.uk
General Enquiries: 0345 678 9000

Parenting Support Line Poster Summer 2024

 Shropshire Council

If you would like to find out about further help and support the Parenting Team offer please email Parenting_team@shropshire.gov.uk or call us on 01743 250950. All our services are free of charge to Shropshire Council residents.

UNDERSTANDING YOUR CHILD

 SOLIHULL APPROACH

PARENTING HELP AND SUPPORT LINE
 available
Monday to Thursday from 9.30am to 4.30pm
 and
Friday 9.30am to 3.30pm
You can contact the Parenting Help and Support Line by calling
01743 250950

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. The Parenting Team is here to help and support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around your child's development and parenting?

Why not call our Parenting Help and Support Line where one of our trained Parenting Practitioners will be ready to listen.

(Please note the Parenting Help and Support Line will not operate on Bank Holidays)

If you have concerns about a child's safety or well-being, please call
First Point of Contact 0345 678 9021

www.shropshire.gov.uk
 General Enquiries: 0345 678 9000

Shropshire Family Information Service

 Hello from the **Family Information Service** (FIS for short). Our job is to give you the info and resources you need to help your family life run a little smoother. We can help with:

- Childcare - finding it and advice on paying for it
- Local baby and toddler groups
- Events, clubs, activities, and fun things to do in the school holidays, for all ages
- Getting parenting and family support
- Finding health and wellbeing support

We cover everything and anything to do with family life, so if you have a question, chances are we'll be able to help, or if we can't, we'll point you in the direction of someone who can.

Follow us on social media for all the latest news and info.

 @ShropshireFamilyInfo
 @ShropshireFamilyInfo
 @ShropFamilyInfo



www.shropshire.gov.uk/fis

Solihull Approach - Understanding Your Child



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series **Understanding...**

English more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

- ...pregnancy, labour, birth and your baby
- ...your baby
- ...your child
- ...your child with additional needs
- ...your teenager's brain
- ...your feelings (for teenagers only!)
- ...your relationships

optional voice-over where available

and much more!

Do you live in the Shropshire or Telford & Wrekin area? Locally funded

1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning

*Sign in or registration required

Access Code: **DARWIN18** PREPAID

Cleobury / Bridgnorth & Highley Community Information Drop In Sessions

Cleobury Community

Free information, advice and support

The Cleobury Country Centre
Love Lane, DY14 8PE

Friday, 9am–11 am on:
 15 March 2024 19 April 2024
 17 May 2024 21 June 2024
 19 July 2024

You can chat, have a coffee and see how we can help you with:

- Housing support
- Children's health and wellbeing
- Healthy living advice
- Dementia support
- Family life
- Home fire safety
- Domestic abuse support
- Drug & alcohol support
- Financial advice
- Getting older

and lots more!

Shropshire Supporting Families through Education

Shropshire Council

Family Drop-In

Here to help

Free information, advice and support

You can chat, have a drink and see how we can all help you with:

- Family Life
- Children's health and wellbeing
- Drug and alcohol support
- Housing Support
- Domestic abuse support
- Financial advice
- Home fire safety
- Healthy living advice
- Help with getting back to work

Bridgnorth Youth Centre
45 Innage Lane, Bridgnorth WV16 4HS

Every Tuesday from 1.30pm—4pm



Supporting families with children aged 0-19 years (up to 25 years for young people with special educational needs and disabilities)

We aim to make it easier for you to ask for help and get support when you need it.



www.shropshire.gov.uk



Highley Community

Free information, advice and support

Halo Severn Centre

Bridgnorth Road, Highley WV16 6JG

9.30am—11.30am:

Fri 22 March Fri 26 April

Fri 24 May Fri 28 June

Fri 26 July 2024



You can chat, have a coffee and see how we can help you with:

- Housing support
- Children's health and wellbeing
- Healthy living advice
- Dementia support
- Family life
- Home fire safety
- Domestic abuse support
- Drug & alcohol support
- Financial advice
- Getting older

and lots more!

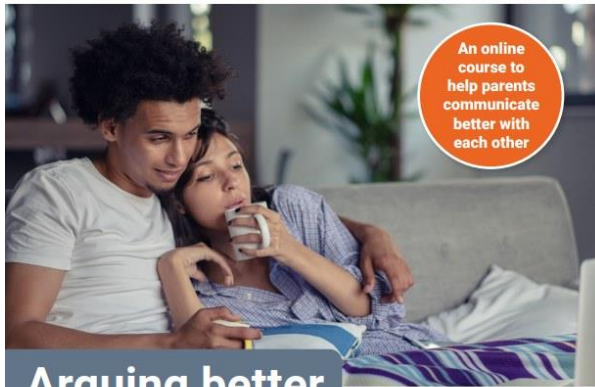




Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting tips. It offers an easy-to-follow journey where you can track your progress and unlock app sections as you go.

Find out more and download the mobile app, now: https://www.oneplusone.org.uk/separating-better?utm_source=referral&utm_medium=social&utm_campaign=sbaffiliate

For face to face support, go to [Getting on better | Shropshire Council](#) and select Free Courses and Workshops.



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. How you deal with disagreements can make a big difference to you, your partner, and your children.

This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



Create your free account at www.oneplusone.org.uk/parents or scan the QR code
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

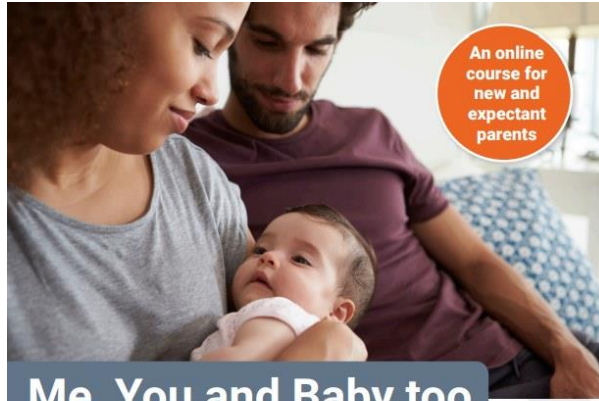
When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.

You will learn positive communication skills like staying calm, seeing things differently, and speaking for yourself so that you can sort out disagreements with your child's other parent and find solutions together. You can do the course on your own, at your own pace.



Create your free account at www.oneplusone.org.uk/parents or scan the QR code
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.





An online course for new and expectant parents

Me, You and Baby too

Tiredness and stress are common when you're caring for a baby. If parenthood is leading to more arguments between you and your partner, this free online course could help.

With tips and advice on how to talk about difficult topics, share stress, and prevent arguments, this short course will help you and your partner navigate challenging times together.



Create your free account at www.oneplusone.org.uk/parents or scan the QR code
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.

Tips on supporting children with self-regulation

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help. If they need it, schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading those with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgia Barrett is an author, former teacher, Special Educational Needs Coordinator and the author of the award-winning SEN Resource blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Healthy Sleeping Habits

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Territory delivered by National Digital Health. These guides now address wider topics and themes. For further guides, 14th and 15th, please visit [nationalcollege.com](#).

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While games, videos, books and so on can be a bright, creative and fun world, it's important to ensure that our digital devices don't take the place of healthy sleep. Encourage children to put their devices away after they've finished school, leaving them nearby, but not used, a proven way to sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing routines to help ensure a positive bedtime experience. Encourage children to establish a regular bedtime which they need to each evening. For example, if they need to use-up energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of allowing plenty of time to hydrate in the day, while ensuring children are encouraged to limit their caffeine intake. The healthiest caffeine drinks are in the day since when the body and brain are slow down naturally, without any chemicals firing them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that set the body's clock to wind down, promoting a more relaxed state. It's healthy to encourage them to go to bed before going to bed – such as brushing their teeth – to set up their circadian rhythm and their action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, heating and noise spaces for quality rest. The room's temperature should also be suitable for sleeping. That is, not too hot and not too cold – while rooms should be kept on top and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime. It's important to ensure that children are not using stimulating games, reading and use instantly signals to the brain that it's time to rest and ensure having a good night's sleep.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the importance of sleep in maintaining physical and mental wellbeing. It's important to ensure that children's healthy sleep patterns during weekdays and weekends are consistent to ensure that the brain is rested and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a consistent sleep pattern. This includes ensuring preparing meals with plenty of fruit and vegetables, avoiding too much caffeine, and not only in this but healthier, but it also reduces the chance of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits and encourage their children to do the same. They can also encourage their children to establish a consistent bedtime routine and reinforce the importance of rest time.
- MILITARY SLEEP METHOD**
Look up 'The military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. The technique can be used by anyone, but it's particularly useful for those who struggle to fall asleep. While it can take a good deal of practice to perfect, research has shown that it can be used by most people – and the results are often extremely impressive.

Meet Our Expert
Milly Ahsan design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One of WakeUpWednesday, the charity provides training and support for early career professionals and local authorities. The guide has been written by Adam Bilton – a wellbeing and development specialist who is also Associate Chair of the National Development and a high-achieving author.

[@wake_up_weds](#) [/www.thenationalcollege](#) [@wakeup.wednesday](#) [@wake.up.weds](#)

Items of this guide are on our [book room](#) collection. We highly recommend this. Current as of the date of release: 11.03.2024

Health Visiting Information

Every family with children under 5 has access to a health visitor.

Families can access advice and support up until the age of 5 years old by calling **The Single Point of Access on 0333 358 3654**.

If parents don't want to talk to someone they can send a text and one of the team will get back to them on **07520 635212**

This is a Monday to Friday service 09:30am until 4pm where a Health Visitor is on the line to offer the appropriate advice and support and referrals can be made to the appropriate practitioner.

If parents need extra support or support for potty training, behaviour, sleep, eating we have two Healthy Child practitioner who they can be referred to who will come out to their home or to a clinic to support the family with these issues.

This referral can be completed through the single point of access and sent to the appropriate team.

If it is specialised targeted work the family will be seen by a Health visitor for example low mood or complex development issues, safeguarding or specialised referrals.

All children are seen universally at one year and at two years and they are offered a full health growth and development review via a letter with an appointment.

These are now completed at Cleobury Mortimer Health Centre, Ludlow or Bridgnorth depending on where they live.

Celebrating Children's Achievements



The children representing all the hard work and positive attitudes in our school this week.



Numbots - Website address:

Rea: **Ruby Beddall**



Times Tables Rock Stars - Website address:

Rea: **Lincoln Butler**

Corve: **Sofia Mladezic**

Severn: **JJ Lyndall-Dimmock**



Sports Stars:

Theme: Kai for his accuracy and body position when practicing throwing and catching.

Rea: Phoebe S & William M for excellent partner work in throwing, catching and rolling.

Corve: Bea excellent team work and sportsmanship to keep morale high / Harrison excellent awareness in fielding / Izzy great all round skills in rounders.

Severn: Our fantastic throwers at the sports outreach sessions at Lacon:

JJ - Vortex / Jenson Sh. - Foam javelin / Willow - Underarm tennis ball



Pride and Presentation: New award for pupil focus on presentation of work across the curriculum.

Theme: Boyd

Rea: Theo W

Corve: Esme

Severn: Ronnie



Great Sentence using words of the week:

Teme: Later, I am going to cuddle my teddy. **Chloe**

Rea: The sun is **scorching** hot because it can burn people and it can make the ground **arid**. **Ned**

Corve: My master **summoned** me to **revive** him but I was too late so I was **forlorn**. **Noah W**

Severn: Even though, the bomb hit the church most of it was left **unscathed** which was a relief.
Lorelei



Class Achievers:

Teme: **Enfys** for her focus, observational skills and identification of different types of houses when walking around Stottesdon.

Rea: Walt for his kind and thoughtful attitude during lunchtime play / **All of year one** and **Rosie** for their fantastic work on reading alien words.

Corve: Gabby for his work understanding tenths and hundredths / **Isabelle** and **Cash** for their work dividing numbers by 10.

Severn: Willow for her work in geography.